**FOOD LABEL PROJECT**

**DUE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

The Food and Drug Administration (FDA) mandates that all food products have a nutritional fact label on it listing the ingredients, caloric value and nutrient percentage. It is important to read and understand the nutrient value of foods as they relate to the Recommended Daily Allowance (RDA)

DIRECTIONS:

1 \**STUDENT WILL cut out a FOOD LABEL (must include the nutrition label, ingredients list, and what the product is) from any EXCEPT from the fats, oils, and sweets group AND RECORD THE FOLLOWING INFORMATION……….*

1. Brand name 9.What is the largest ingredient

2. Name of product 10. Total Fat

3. Net-weight 11. Cholesterol

4. Serving Size 12. Sodium

5. Servings Per Container 13. Carbohydrate

6. Calories Per Serving 14. Fiber

7. Calories from Fat 15.Protein

8. Ingredients

16.Explain why this is / is not a healthy product that you should include in your diet on a regular basis. – 10 points

17. Identify what food group this product comes from and list other foods you would need to include in order to meet the DRA. – 10 points

2. Attach the label to the front side of a sheet construction paper -12x9 in. – 25 points

3. TYPE and answer 1-17 from the label and tape or glue it to the backside of the construction paper. – 65 points

4. Type your first and last name, date and block on the back

of your paper. – 10 points